

NUTRIENT STANDARD MEAL PATTERN REQUIREMENTS  
For the National School Lunch Program and School Breakfast Program

Lunch

- \_\_\_\_\_ Appropriate age/grade groups are selected
- \_\_\_\_\_ Meals meet nutrient standards when averaged over the school week
- \_\_\_\_\_ At least 3 menu items (entrée, side dish, and milk) are offered daily
- \_\_\_\_\_ Fluid milk as a beverage is offered daily

Breakfast

- \_\_\_\_\_ Appropriate age/grade groups are selected
- \_\_\_\_\_ Meals meet nutrient standards when averaged over the school week
- \_\_\_\_\_ At least 3 menu items (entrée, side dish and milk) are offered daily
- \_\_\_\_\_ Fluid milk as a beverage is offered daily

Note: The district must use USDA-approved menu planning software to analyze menus for compliance with nutrient standards. The analysis of key nutrients in all food items offered during a week must be completed prior to the meal service, and an average for each week must be printed and kept on file. If menu changes occur more than three weeks before the meal service, a new analysis must be completed.

Recommendations

- Choose low-saturated/trans fat choices whenever possible
- 2 fat contents of fluid milk are required: use low-fat choices (1%, skim)
- Choose whole grains whenever possible